## ABSTRACT

A heat storage unit capable of efficiently storing heat in a short time. The unit includes: a heat storage container 1a that houses sodium acetate 3, which stores heat by a state change between solid and liquid, and oil 2, which exchanges heat by directly contacting the sodium acetate 3, has smaller specific gravity than that of the sodium acetate 3, and is separated from the sodium acetate 3. Further, the unit includes: a supply pipe 4 that passes at least through the sodium acetate 3 housed in the heat storage container 1a and supplies the oil 2 into the heat storage container 1a; and a discharge pipe that discharges the oil 2 housed in the heat storage container 1a to the outside of the heat storage container 1a. Then, the supply pipe 4 crosses the boundary surface between the oil 2 and the sodium acetate 3 which are housed in the heat storage container 1a, has a plurality of discharge holes that discharge the supplied oil 2a, and at least one of the discharge holes 6 are positioned in the oil 2.